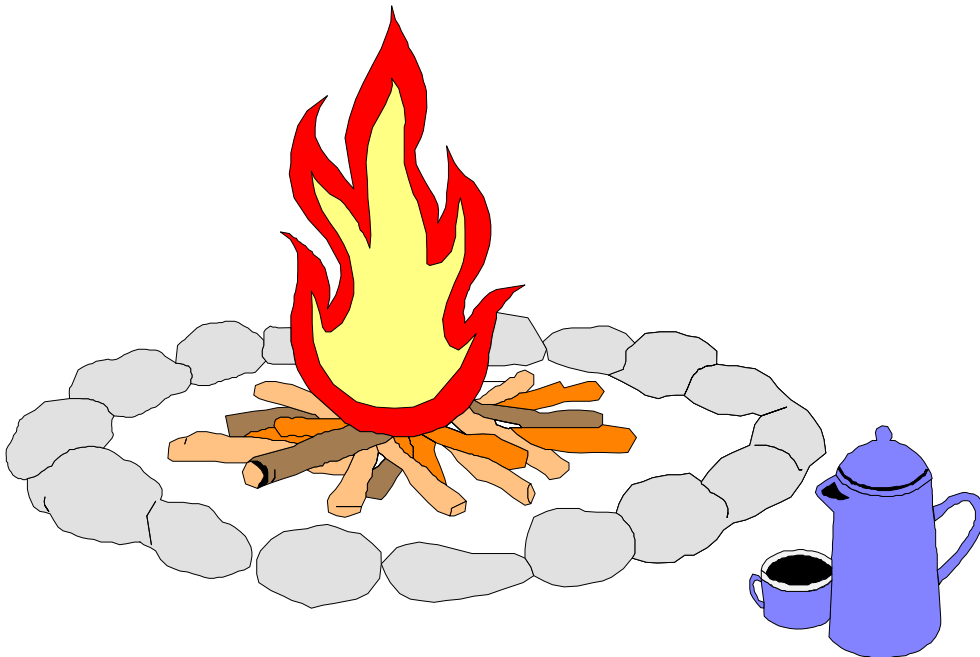


Hiking Safety



- There are over 30,000 miles of national trails in our country.
- More than 47 million Americans hike at least once a year.
- Hiking regularly can reduce high blood pressure and cholesterol level



A Bit More Trail Trivia

- Studies indicate that 50 percent of all car excursions are less than 3 miles, a distance that could be easily covered by foot or bicycle.
- Human-powered transportation could also save 17.9 billion motor vehicle miles, 7 billion gallons of gas and 9.5 million tons of exhaust emissions annually.



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Hiking Smart



- Plan Ahead
- Be Prepared
- Prevent Problems Before They Occur
- Finding Your Way



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Hiking Smart (Cont.)

- **Dress Your Best**
- **Feet First**
- **The Company You Keep**
- **First Aid**
- **Food and Water**



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Hiking Smart (Cont.)

- **Temperature Troubles**
- **Slippery When We**
- **Poisonous Plants**
- **Creepy Crawlies**



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Possible Packing List

- **Boots or sturdy shoes**
- **Socks**
- **Underwear**
- **Long-sleeved shirts or sweaters**
- **Parka or windbreaker**
- **Trousers or shorts**
- **Hat or other protective covering**
- **Day pack**
- **Canteen**
- **Food**

Possible Packing List (Cont.)

- **Sunglasses and Sunscreen**
- **Pocket Knife**
- **Matches, Fire Starter**
- **First Aid Kit**
- **Flashlight**
- **Map and Compass**
- **Insect Repellent**
- **Plastic Bag**



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Possible Packing List

If you're staying overnight, add:

- **Pack Frame with Bag or Large Rucksack**
- **Sleeping Bag**
- **Sleeping Pad**
- **Ground Cloth**
- **Tarp or Tent & Accessories**
- **Tent Repair Kit**
- **Grate, Stove & Accessories**
- **Cooking Pots & Accessories**



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Possible Packing List

- **Eating Utensils**
- **Food Containers**
- **Toilet Articles**
- **Spoon/Plastic Trowel, etc.
(for digging latrine)**



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Remember the “3H’s” of Hiking Safety

- Hike safely.
- Hike responsibly.
- Hike thoughtfully.



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Most Importantly



Have a great hike!

